



Natinal Exposure Visit to Hyderabad

(9 Jan- 14 Jan 2023)

Savita Joon
Coordinator

NET Hyderabad (9-14 Jan 2023)

Group coordinator- Ms. Savita Joon, Assistant Professor, DIET Keshav Puram, Delhi

Administrative support- Ms. Kamlesh Chugh, SO, DIET Keshav Puram, Delhi

Major Places Visited: Kanha Shanti Vanam, Gol Kunda Fort, Hussain Sagar lake, Char Minar, Hyderabad

Dates: 9-14 Jan 2023

No. of Participants: 29

Names of Participants: Primary Incharges Of DOE

Ms. Kiran	Ms. Manju Devi	Ms. Neha Vats
Ms. Shalini Sharma	Ms. Darshan Kumari	Mr. Amit Kumar
Ms. Mukesh	Ms. Manju Dagar	Ms. Shruti Ahuja
Ms. Shrestha Rani	Ms. Mani Mongia	Ms. Himanshi Nagpal
Mr. Praveen Malik	Ms. Geeta Rani	Ms. Anu
Ms. Reena	Ms. Deepmala	Ms. Rekha Yadav
Ms. Sandhya Saini	Ms. Nasreen	Mr. Roopak Garg
Ms Sharda	Ms. Payal Gupta	Ms. Savita Joon
Ms. Sarla Sahu	Mr. Ankit Garg	Ms. Kamlesh Chugh
Ms. Meenakshi Devi	Mr. Preeti Rajora	

Report

National Exposure visit of Primary Incharges of DOE

Dates: 9 January to 14 January 2023

DAY 1 - 9 January 2023

26 primary in-charges of different zones and schools along with coordinator Ms. Savita Joon, Ms. Kamlesh and Mr. Roopak Garg (Nursery/primary branch) were team members for this educational adventure. We all met at Indira Gandhi international airport at T-3 gate number 4. It was a joyful experience to see other there. We boarded our flight at 7:10 a.m. and reached by 10:30 a.m. at Hyderabad in Rajiv Gandhi international airport.



Next was reaching the venue where we stayed for the next 6 days, the Kanha Shanti Vanam, a peaceful divine place. We reached there at about 12:30 p.m. , then started a learning experience with Ms. Vibha and her team. She was our mentor and guide all throughout that day.

Session 1: Timings 3:30 PM **Topic :** Kanha Shanti Vanam

Discussion:

- a brief talk about meditation practices and the world's largest meditation center.



- Orientation programs about heartfulness and the centre.
- Orientation and information about POISE and integrated course.

P - Personal

O - Organizational

I - Inner

S - School

E - Educational

- Sharing of their notable events and a brief description of the founder of heartfulness institute Mr Kamlesh D Patel (Daaji).
- A glance of their offering to society, children, leaders, parents etc.
- A brief about heartfulness educational services.
- As heartfulness is to learn how to meditate, Ms Vibha ended the session with one of its technique, that is Relaxation technique. We practiced this along with her. This was so relaxing that we all forgot about the tiring and hectic schedule of the whole day. We felt so refreshed and energized after that.
- A video was shared in which different dignitaries shared their views and experience, for example Mr Narendra Modi, Rohit Sharma, PV Sindhu etc.
- President Shri Ram Nath Kovind inaugurated the meditation hall which is the main centre of attraction there.

Quick tour of meditation hall was also done on day 1. Our guide Ms. Vibha gave us all the information about this hall.

Overall day one was a quick orientation about POISE and we ended the day with new hopes and expectations for day 2.

Day 2 (10 Jan 2023)

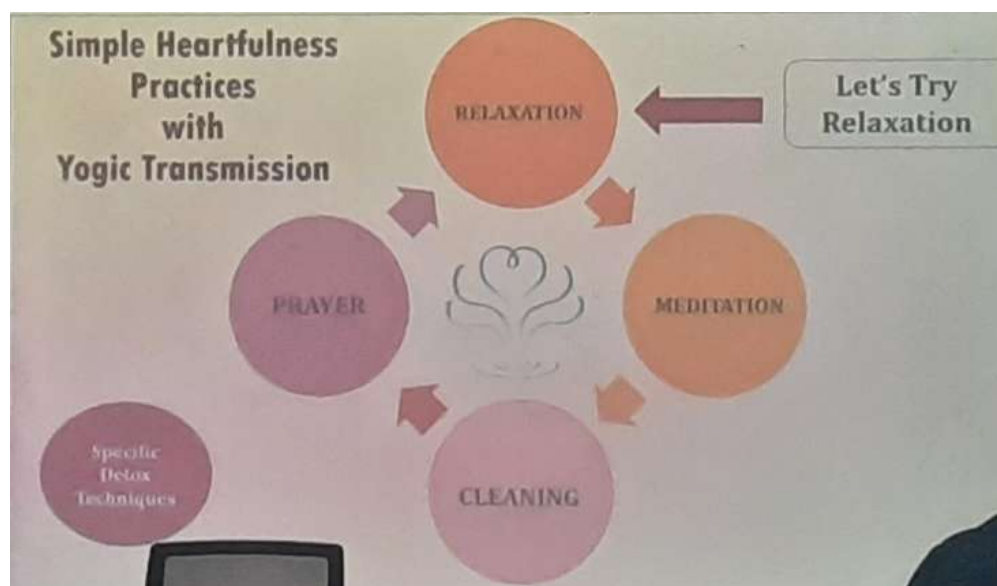
The 2nd day of National Exposure visit began in calm environment of the “Kanha Shanti Vanam”. The team members were energetic after taking rest. The natural greenery of the place along with awesome weather was like a icing on cake.

At 7.30 am whole team went to cafeteria for breakfast. After having appetizing food there, everyone got ready for the 1st session of the day. PAUSE to POISE which was to be conducted in the hall at 9.00 am. Manager of Kanha Shanti Vanam, Mr. Vineet Ranawat was introduced in the beginning of the session. He outlined the principles on which Kanha Shanti Vanam works. Mr Ranawat also described the Kanha’s setup, its management, rainwater harvesting system and plant nursery through various short videos.

According to him “Life is a pleasurable journey” and we should live it to the fullest, feeling positive and accepting all the situations and complexities that life throw at us. As teachers and parents, we all face various difficulties which can be overcome by PAUSE i.e., stepping back from the negative feelings and leaving our ego behind. Aim of teaching and parenting should be making our children a good human being. POISE is an integrated course that would bring out the best in our students.

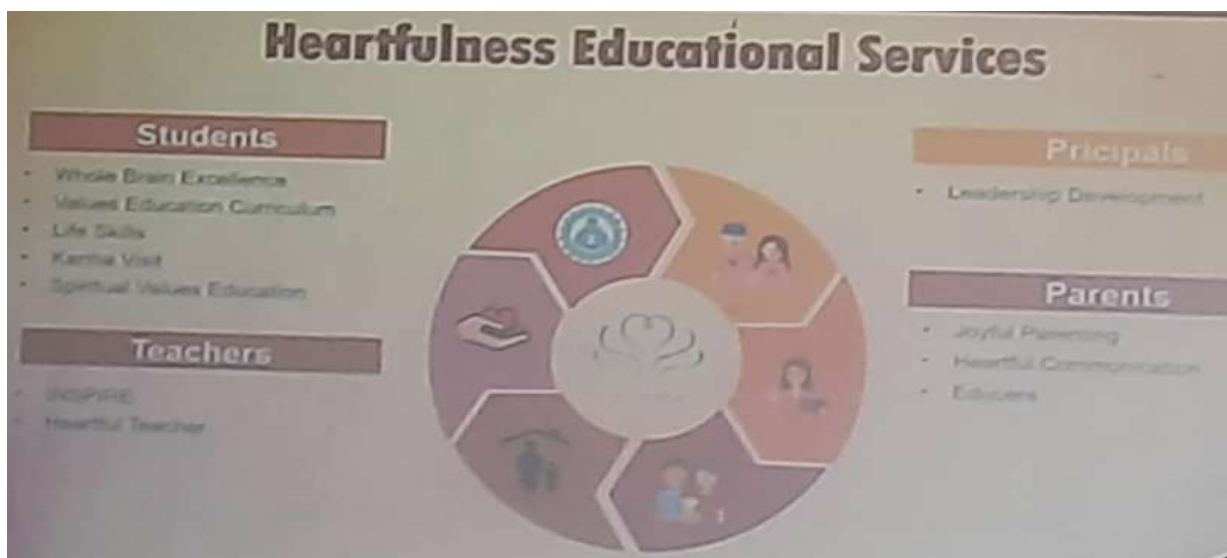
POISE				
Personal	Organisational	Inner	School	Educational
<ul style="list-style-type: none"> • Happy New You • Power of Epigenetics • Yoga for Health Management • Science of Meditation • Working Values of a Heartful Leader, 	<ul style="list-style-type: none"> • Heartful Communication, Power of Subtle Influence and Non-Violent Communication. • Mentoring and Coaching Tools & Framework to develop school staff & students. 	<ul style="list-style-type: none"> • Regulation In Action • Resilience in Action • Compassion in Action. • Detox Techniques 	<ul style="list-style-type: none"> • School as a Symbol of Excellence • Heartfulness Lab for Teacher-Student Partnership. • Poise in Action 	<ul style="list-style-type: none"> • Heart-Centred Education and Heartful Teaching Culture. • Whole Brain Excellence and Brighter Minds Pedagogy

As per Kanha Shanti Vanam's course, simple heartfulness practices with yogic transmission can be used for this purpose.



Meanwhile all the participants also got a chance of mass "Meditation" with the heartfulness guide and spiritual leader, Mr. Kamlesh D. Patel, also known as Daaji, who is fourth in the line of Ram Chandra Mission's guru or yoga masters.

After the tea break at 11 am. 2nd session was about offering or services being provided by Heartfulness Education Trust (HET) for various stakeholders viz. students, teachers, principals and parents. In this session, teachers were provided with an outline structure and program theme of INSPIRE- Online capacity building for educators.



The symbiotic role of parents and Educators for holistic development of children were discussed in detail. The various life skills which can bring out student's potentials were briefed in this session. Emphasis was laid upon the holistic approach for developments of student's personalities. The learning outcome for maximum output in teaching-learning process like values in action actionable knowledge swadhyaya etc. were talked about, the session was informative and well-planned.

At 2.30 pm, the 3rd session about Heartful Communication started with an ice breaker activity about knowing the language that connect us to our hearts. The aim of this session was to help the participating teachers to know that when we connect with each other and with our students, we can contribute to one another's well-being more than anything else. The main outcome of this session was to understand the reason behind student particular behaviour. Teachers should understand the human needs and values which cause these behaviours. The session was very interactive, and all the teachers participated actively in the discussion.



The 4th session at 4.30 pm, was about Individual Meditation Experience with professional trainers. The trainers helped the teachers to meditate for a given time to let them understand the importance of being calm and composed in various situations. No doubt, the session was very relaxing.

After this at 6 pm, the group went on Kanha tour to Yatra Garden, which is a place of silent contemplation and reflection, where teachers spent time in a series of beautiful gardens that have been designed in the form of a journey.



This journey, “The Yatra” represents spiritual journey through the Chakras of energy in the human system. Every garden had sitting areas so that one may meditate, read and absorb the various conditions of each stage on the journey. After the spectacular tour, the team had dinner and retired to their rooms. The day ended with happy notes for all with so much learning and heartfulness

Day 3- 11 January 2023

Starting of the Day:

The day started with yoga and heartfelt meditation infusing us with immense positivity and energy to kickstart our routine. We proceeded for our satvik breakfast at Suruchi Cafe. We relished the food a lot.



Session 1: 09:00 am-10:30 am

Then after a break, we had a session on '**Power of Purity and Simplicity**' where **Mr Chakra** beautifully explained about the power of words by presenting the work of a Japanese researcher, Dr Emoto Masari, who found that words changed the way water molecules appeared under microscopic vision. He showed us the images of well-structured water molecules created due to positive words and also the images of unstructured molecules created due to negative words.



The session was moderated very well with active brainstorming where participants put forth the concept of 'Joyous Eating' and 'Joyous Cooking'.

Mr Chakra also stressed on importance of some Me-Time daily in our lives so that we can reflect and contemplate on the deeper aspects of our existence.

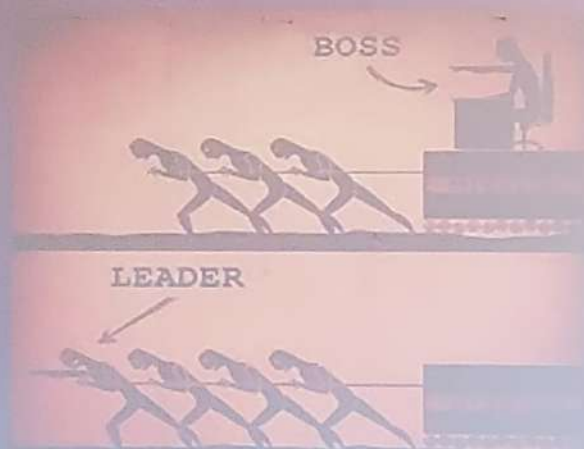
Second session: 11:00 am -12:30 pm

Second session started at 11:00 am. It was about **"Impactful Leader and Effective Mentorship"** By **Ms. Bhavna Sonkamble**. Session started with a brief introduction of all the participants and then knowing about everyone's favourite teacher. We went back into past and recalled our most beloved teacher and the qualities which connected us to our favourite teacher. Everyone shared few key qualities about their teachers, and we came to know the qualities which a leader/teacher possess. These key qualities may be listed as below:



Calmness, practical, visionary, caring, loving, interesting, faithful, believes in you, guide, involves music, stories, and a lot more

So, we all came to know about essential qualities of an Impactful Leader which is really going to be helpful for us as teachers and leaders.



Then we discussed about the second part of the session which was about Effective Mentorship and we reached to a conclusion that a mentoring also required some key elements which may be listed as: motivation, success, advice, direction, coaching, support, training and to deal with variety of situations.

This session gave a chance to reflect on us also. We are thinking about each person in our lives except us. It's important to love yourself to be mentally, physically, emotionally fit. You need to upgrade yourself just like a computer regularly updates itself. As teachers, our public, personal and professional domain need to be upgraded and developed regularly.

So, for that, we need to be clear about our targets, set priorities, time frame for keeping in mind the long-term goals and short-term goals. We must remember that human relations are important and making connections with them is essential.

Overall, the session was interesting and enriching and helped us in becoming more Impactful leaders and effective mentors.

Question- answer session: 12:30 pm – 01:00 pm

In this session, we all asked our questions from the resource persons available there. This session seems to be fruitful for us.

Third session: 02:30 pm - 04.00 pm

This session was on the theme **Brighter Minds**. It was conducted by **Sudeepa mam**. She told us that the course brighter Minds is for the children aged between 5 to 15 years. Its duration is of 8 weeks...Generally a class is conducted once a week. Then she had shared objectives of brighter Minds course.

Objectives of brighter mind

- 1.to increase focus of the students
- 2.to increase children attention span
3. To enhance their sensory intuition

Then Sudeepa mam asked one of her student Ganesh to perform some sensory acts. Like on blindfolded he arranged different coloured glasses into stacks of same-coloured glasses.



Session was very enriching and interactive.

Fourth session: 04:30 pm – 6:00 pm

The fourth session at 4:30 PM was 'Chairs in Pairs'. It was about individual meditation experience with professional trainer. The trainers meditated with the teachers for a given time to let them understand the important of heartfulness and the changes it brings in our hearts and minds. They discussed about the feelings and the thoughts which the meditators came across. The session was very calming and enriching.



Visit to Rain Forest:

Then we all moved ahead for a pleasant visit to Rain Forest which was so calm and peaceful filled with the nature's Beauty. The forest was dense and gave the feeling of being in a real forest. The lovely sound of the water made



it realistic.



Feedback Session:

Everyday a takeaway session was conducted at the end of the day which summarized the learnings of that day. It also helped all of us to have better understanding of the concepts dealt during the session.



It was one of the wonderful day of learning and experiencing new things.

Day 04 – 12 January 2023

on 12 january 2023 the day started with yoga, morning walk and heartfelt meditation. we proceed food. we relished the food alot. Today we went for a trip to golconda fort and charminar. as we know SCERT and the trip oraganiser had done field trip for which busd and all arrangement were made in advance. all of us were very excited to go on the day like kids. everyone enjoyed a lot and had a lost of experince. we saw golconda fort first of all and then charminar.

Objectives and Importance

monuments remind us of our heritage. they are like a treasure for a national and symbol of pride of their civilization. they help us to appreciate our past and level of development khowledge and thoughts. in a way they provide life of our past. we have know to come to know al about these monuments when and how they were built and by whom.

GOL CONDA FORT





Golconda fort was the principal capital of qutub shah kings. the inner fort contains ruins of palaces mosques and hill top pavillion which rises about 130 meter high and gives a birds eye view of other buildings. it is one of the biggest forest in the decean plateau the rest above the land at approximately 400ft altitude from the kaktiyas of warangle to the brahmains and from the qutub shah kings later dynasties the ruled hyderabad during the past, even today after almost 800 years the fort stand as not only hyderabad's greater architecture wonder but of whole india too. its eight imposing gateways as many as 87 bastions rising up to 15 to 18 meters . the double wall that follow the foot of the hills on which the bastions stand, the east gate one of the biggest entrances of the fort and three storeyed armoury building. golconda a fine look the initiative of making the surrounding area its own well planned township in the plateau.

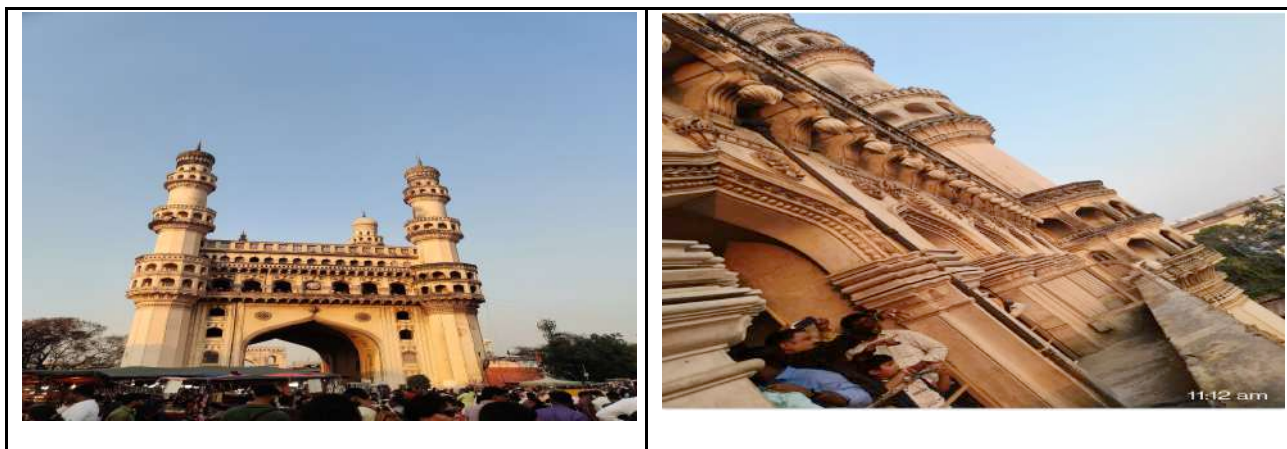
After visiting the golconda fort everyone once again assembled in the bus and left for charminar. made memory in our minds here by taking photographs.

HUSSAIN SAGAR LAKE

Next stoppage after Golkunda fort was Hussain Sagar lake, all boarded on a boat to reach to the statue of Buddha in the centre of the lake. The view from that place was scenic and mesmerizing.



CHARMINAR



CHARMINAR :- the charminar is a monuments and mosque in hyderabad was established more or built in 1591 AD by fifth sultan of muhammad quli qutub shahi to celebrate the end of a deadly plague. it is close to laad bazaar

and makkah masjid. charminar is taken from two word char and minar which traslate as four tower in



English. these four pillars are the kali kaman machli kamam, sehar - e- bahil ki kaman and charminar kaman. It remain surrounded by lively market place and is a top attraction for traveler visiting the city.

Day 5- 13 January 2023

We started the day with the Morning walk and yoga session taken by Ms. Vaani.

Session 1

Today's first session was conducted by Mr. Tarun kavidayal on the topic '**Evolution of consciousness**'. The session revolves around what is consciousness? How can we evolve it? And how is it important for us?

Consciousness is closest to our degree of awareness. It is also known as “chaitanya” In Sanskrit. As said by **Swami Vivekananda** “Consciousness is a thin film between 2 oceans i.e super consciousness(above) and sub consciousness(below) ”.

Consciousness is the state where we can feel others, see others etc. Sub-consciousness is something which we all have such as our experiences, memories, beliefs, these all leaves an impact / impression on our mind and goes deep down in our sub consciousness mind.

Super-conscious mind is beyond consciousness and is difficult to achieve. It’s a transmission of immense knowledge into ourselves which is possible in only some cases. Ex- when in war of Arjun with kaurvas, he was in a midst situation since he doesn’t want to fight with his own brothers then Shri Krishna shows him the divine



path of super consciousness where he understands the truth of life.

He also explains the consciousness spectrum:

Plants- Animals-Humans- Divine

This is in increasing order, as it depends on expansion of consciousness.

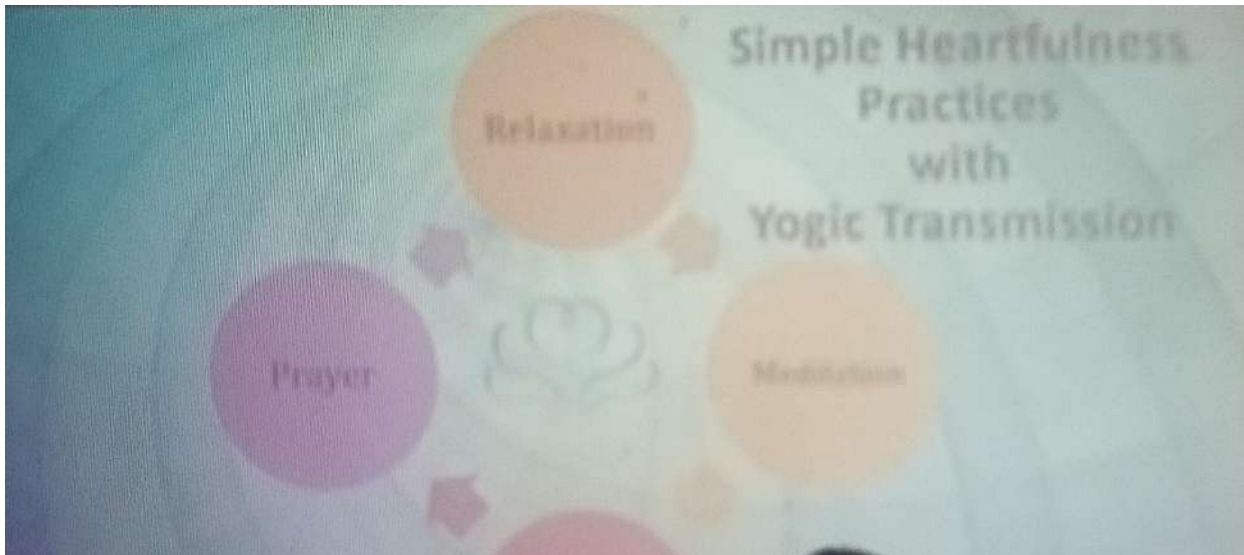
The session also emphasises on how can we become a pure entity. Soul is our purest entity. Physical body and soul don’t evolve but our subtle body evolves. Subtle body evolves on different criteria such as :

1. Consciousness (chit)
2. Mind – intelligence and anger deal with each other and evolve consciousness.
3. Intellect – intellectual abilities leads to unstable mind and unregulated mind can only be regulated by meditation.

4. Ego – ego can be like a black hole. It can have the greatest gravitational unit upon our circumstances. If you are already fulfilled with thoughts then you cannot perceive anything.

With an unstable mind and unregulated thoughts we can never attain anything in our life not even satisfaction. Such as said by someone that when we view an ocean from the top we found out waves of different kinds disturbing the flow of water but when we go deep inside while diving we found calm and peace at the depth of ocean. So that means only through meditation and self regulations we can evolve or soul to become pure without any negative thoughts and energy.

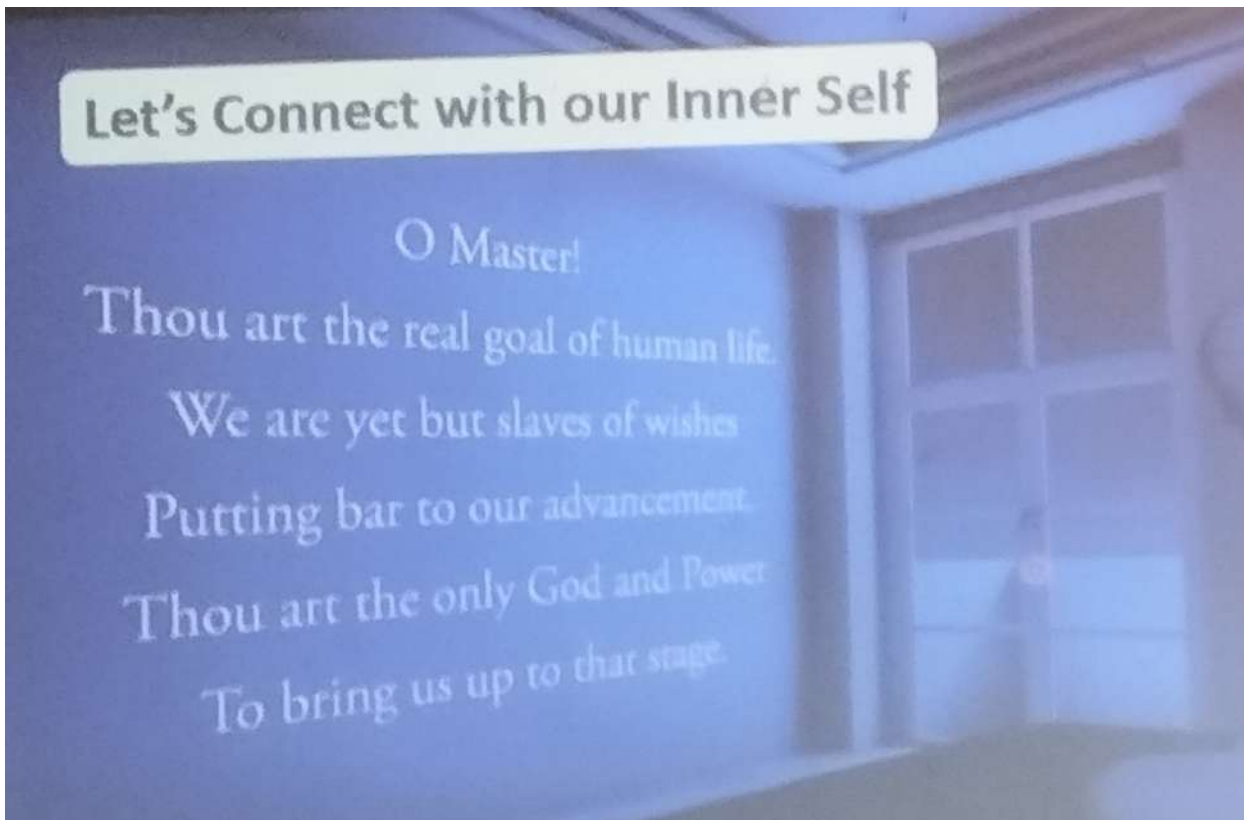
Ahead sir told us about simple heartfulness practices with yogic transmission:



Prayer is calling out our innermost self which is within us. Soul that's our ultimate truth. Through this we clear out all negative thoughts from our body to be in peace. This helps us to establish healthy relationships. When we have clear consciousness then only we can feel our soul.

Prayer- Meditation- Cleaning

At last we see some lines that connect ourselves with our inner self :



Overall a great session with all fruitful knowledge and we are thankful to Tarun sir for such a wonderful

Second Session

Second session started at 11:00 am. It was about **"Heartful Leader"** which was taken up by Mr. Deepak.. He discussed about the factors which impact a human being and how can we be a heartful leader. He talked about 3 circles of control, in which centre is "You" as a human being which can be effected by internal factors. Middle circle is about the factors which influence you or the centre of the circle such as friends, family, team members, kids, community, spouse and outer circle is about the concerns or external factors which must be let go for a better you.

*Ideally a heartful leader should change the way, he/she react to any situation *. One must reduce concerns and increase influence.

Then the **"art of listening"** was discussed. This is the key to strong relationship. Then few strategies were discussed for effective listening which included to listen to the other person without giving unwanted advice. For this, 3 mental models were discussed which included hanlon's Razor , backfire effect and bandwagon effect.

Overall the session was interesting and enriching and gave us many ideas for becoming a heartful leader.

Session 3

The third session was a visit to school (THLC School) at Kanha Shanti Vanam. We reached the school premises at 2'o clock. There we met the Principal of of the school miss Bhavna and teaching staff of thlc school. The share the process of planting micro Greens in the lab. Then we visited the art lab. There are so many activity designed by the teacher for the development of students. We also had a hands on experience of making wall hangings with wool.

Then we had an interaction with the students Amisha Khushal gave her presentation regarding Madhubani painting that she Paint on the wall of art lab. Then we met students name Chetna Krishna and Smriti Jiya and Harsha





who gave

their presentation regarding Kishangarh painting manuscript painting company painting Mano Mughal miniatures painting respectively. All these paintings were made under the guidance of the our teacher miss Tanushree then we have an interaction with greed one students who were having a meditation session on that time. Then we move down to the dining area of the pre primary kids where the learn manners of eating the learn to thank God and everyone involved in preparing the meals. The kids serves . The dining area wash basins and the surroundings what is the end according to the age of the children. There was a sand area in the pre-primary section, restrooms are also available for the kids. The student-teacher ratio in pre-primary was 10:1 and they have 30 students in a classroom with 3 teachers and 2 helpers. After that we had an interaction with the Principal mam and the other staff members. They presented a progress report of there students. They share the new teaching strategies implemented in the school which includes the recitation of slokas of Geeta and the meditation session for the primary students. Our DOE teachers also share their experience on happiness and Desh Bhakti curriculum. Our primary teacher Mrs. Mukesh also gave a demo of mindfulness class. It was all superb experience. The session ended with the speech by principal Mam and she also shared her interest in visiting a DOE schools which we all welcomed.

Session 4

This session was a tour to the Nursery better known as Heartyculture Nursery where the plants are reared with love.

It was an exhilarating experience.

A REPORT ON DAY 6 OF NATIONAL EXPOSURE VISIT (HYDERABAD)

DATE 15-01-2023

PREPARED BY GROUP SIX - Mr. AMIT KUMAR, MS. SHARDA Ms. MANJU DAGAR AND Ms. NASREEN

Today, 14 January 2023, was the sixth day of the National Exposure Visit. Our session started with Heartfulness Polarity. In this session, we got much needed information on Heartfulness Polarity which is very important in our everyday life. Heartfulness Polarity is related to Energy System which tells us how energy helps us? How is it beneficial for our body? How does it protect us from various diseases? It helps us in how we should use it etc.



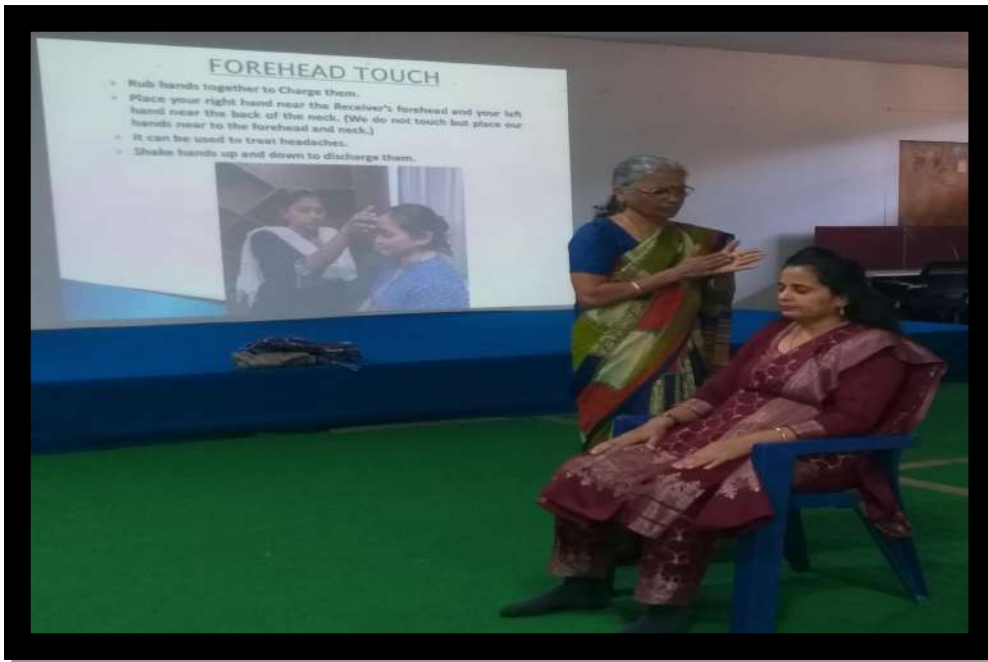
Let's Discuss What We Learned in Heartfulness Polarity

What is Polarity - It's About Feeling Energy and Balancing Energy



How do you do it? 'Heartfulness Polarity'. Let us now understand this. It is necessary to have two people, it is done between sister to sister and brother to brother. In this, work is done with good feelings like prayer, peace, positive attitude, etc. There is an energy giver and an energy taker, in this the hands are charged with energy by rubbing. The exercise is started from the right side of the receiver. We gently place both our hands above the navel point of the receiver. We may also place our hand on any part of the stomach as per the need of the receiver. it is used for any stomach related issues. We have to stay in the same position for 3-5 minutes. Shake our hands up and down to discharge them. The method of this exercise was also well taught by experts. This exercise is of different types which helps in fighting different diseases which we will see below.





After this, our second session started which was with Spiritual Guru Daaji in which we were made to meditate and discussed various types of questions on meditation like how to do meditation, why meditation is necessary, what are the benefits of meditation, etc. The questions were discussed in a huge gathering for about 500 people, our group was also one of them.

Today was the last day of the National Exposure Visit in which we had to come back today. After the end of 2nd session, certification distribution took place in which some invaluable thoughts related to life were exchanged.



Then the journey started and after the journey we all came back safely to Delhi with invaluable knowledge